

# Pride of the Prairie

## Seasonal Food Guide\*

the Upper Minnesota River Valley



### Spring

Nutritious fresh spring greens from a local grower are a welcomed sign of things to come at the start of a new growing season.

#### Vegetables

asparagus	tat soi
cauliflower	turnip
garlic greens	kohlrabi
greens	lettuce
arugula	mushrooms
beet	parsnips
bok choy	peas
chard	radishes
collard	rhubarb
cress	scallions
dandelion	spinach
kale	sprouts
mizuna	turnips
mustard	
sorrel	

#### Fruits

raspberries    strawberries

#### Season with

chives	oregano
cilantro	parsley
dill	sage

### Summer

Summers heat is cooled by fresh fruits and vegetables. The seasons bounty is an opportunity to freeze, can or dry summer's surplus.

#### Vegetables

beets	lettuce
broccoli	mushrooms
cabbage	okra
carrots	onions
cauliflower	peppers
celery	potatoes
cucumbers	radicchio
eggplant	scallions
endive	summer
fennel	squash
garlic	sweet corn
green beans	tomatoes
kohlrabi	zucchini

#### Fruits

currants	melons
chokecherries	plums
raspberries	raspberries
gooseberries	strawberries

#### Season with

basil	oregano
cilantro	parsley
dill	sage
marjoram	savory
mint	tarragon

### Fall

Late season fruits and vegetables grace the fall table with a colorful variety of squashes. Surplus produce can be stored for winter use.

#### Vegetables

beets	mizuna
broccoli	mustard
Brussels -	sorrel
sprouts	tat soi
cabbage	horseradish
carrots	kohlrabi
cauliflower	lettuce
celeriac	mushrooms
daikon	okra
fennel	onions
garlic	peppers
greens -	potatoes
arugula	pumpkins
beet	purslane
bok choy	rutabaga
chard	scallions
collard	shallots
cress	sweet potatoes
dandelion	turnips
kale	winter squash

#### Fruits

apples	plums
apple cider	late melons
raspberries	

### Winter

Winter is a great time to combine canned, frozen, dried and stored produce with products like locally grown grains and meats available all year round.

#### Vegetables

beets	leeks
cabbage	mushrooms
carrots	onion
celeriac	parsnips
daikon	potatoes
garlic	rutabagas
horseradish	shallots
Jerusalem	sweet potatoes
artichoke	turnips
kale	winter squash
kohlrabi	

#### Fruits

apples	plums
apple cider	raspberries



For more information on the Pride of the Prairie program, call 320-269-2105 or e-mail [lspwest@landstewardshipproject.org](mailto:lspwest@landstewardshipproject.org).

### Year Round

beef	cheese	duck	honey	oats	soybeans
barley	chicken	eggs	jams	popcorn	spelt
buckwheat	corn meal	flax	jellies	pork	turkey
butter	dried herbs	goat	lamb	rye	wheat

\*Modeled after NE Regional Food Guide, Wilkins and Bokaer-Smith, Cornell University, 1996

For listings of farmers who produce food for direct sales, visit the **Food & Farm Connection** at [www.landstewardshipproject.org](http://www.landstewardshipproject.org).

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